



NEW COMMUNITY CLARION

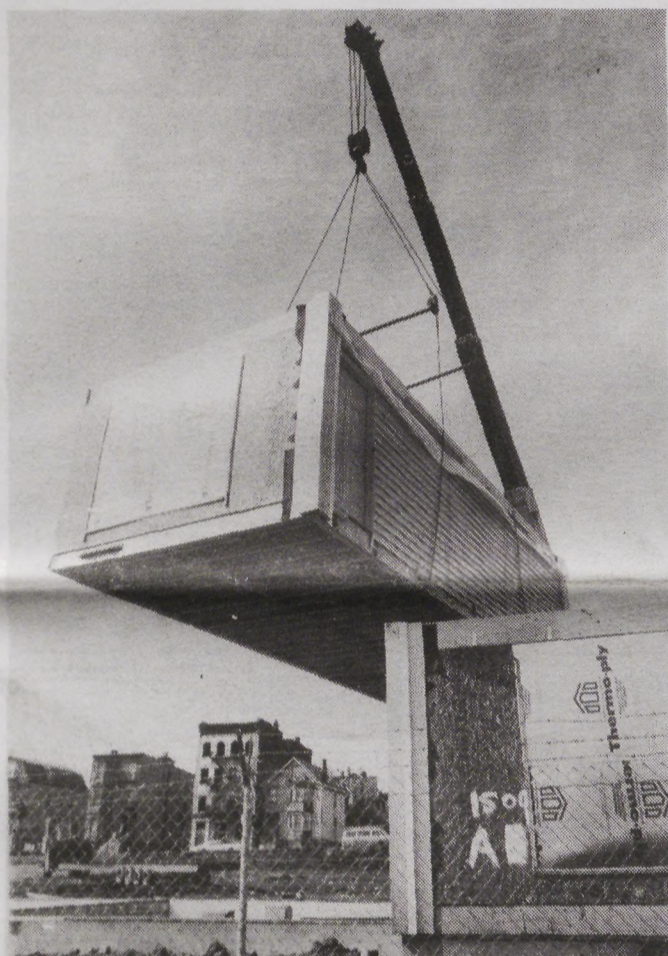
SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 4 NO. 1

NEWARK, NEW JERSEY

MARCH, 1986

New Community Brings Affordable Homes To Newark



The Affordable House goes up! Thursday February 27th, was an exciting day, ushering in yet another first for New Community. With great hope for the future, the first modular unit is set on its foundation, marking a new era in the housing stock of Newark.

Standing on the corner of Fourteenth Avenue and Camden Street, one can glimpse the crumbling past, the bright present, and the exciting future of this urban Newark neighborhood with a mere turn of the head.

To the North is the proud new Extended Care Facility and Medical Day Care Center with its landscaped grounds, and to the East, NC Manor Midrise for families can be seen, and the other new buildings of the New Community neighborhood. To the West and South and in between, buildings can also be seen in sad neglect and burned out condition.

Little by little the picture is changing though, and progress is inching its way across the Newark landscape.

New Community Estates is part of that progress.

With the \$3 million New Community Estates Condominium Development, a project consisting of 56 townhouses, NCC has begun to offer Newark residents with moderate income the opportunity to enjoy the feeling of pride that goes with ownership of their own homes. Cost of the townhouses will be in the \$50's with a 5% down payment. An income of

around \$28,000 will carry them.

According to Bernard McGlone, Director of Affordable Housing for Newark, the project "gives Newark a whole new future." He sees it "transforming unstable and imbalanced areas into new neighborhoods with new characters."

Mr. McGlone also mentioned the work of New Community so far, saying he was "grateful and happy with New Community interest. They have contributed so much to the city. It is nice to see them so totally committed."

The Director spoke about the contribution Newark itself would make calling the venture "a partnership between the city and NCC." "New Community has been a partner all along," he added. "Newark will provide a writedown of the monthly mortgage of \$200 a month initially and this would graduate down over a number of years," McGlone went on.

The Director was very happy about the move into homeownership for people in the moderate income bracket, and pointed out that their move upward would give others an opportunity to move into present New Com-

Continued on page 3

Insurance Industry Needs Reform

High Costs Hurt Those Who Can Least Afford It

The national crisis in the insurance industry has deeply affected New Community states Arthur Wilson, President of NCC. Presently NCC is spending in excess of \$700,000.00 for insurance coverage and without as much coverage as previously held.

Nationally the insurance industry has become a 310 billion dollar business representing 12 percent of the national product, and more than any other single item except for food and clothing. For New Community it has meant as much as four times the premiums and the threatening of programs which are vital to the lives of so many people. There is just so much cost of insurance the programs can afford, states Mary Smith, treasurer of NCC. "The Insurance Industry is becoming the determining factor with regard to what services can be offered by people."

Day Care is particularly threatened by the Insurance Industry. Yet

there has been no evidence that this is based on experience. Special programs for the victims of family violence and for the children who are abused are especially threatened by these new trends in the Insurance Industry. It is entirely possible that some very important programs for those most in need will have to end because of rising insurance costs. Not only is there no evidence on the national level to justify these costs, there certainly is even less in the case of NCC & Babyland. Everyone is at the mercy of an industry which is not subject to antitrust laws and is exempt from Federal Trade Commission jurisdiction. In 1979, after the FTC published a study critical of the Insurance Industry, Congress prohibited the FTC from not only prosecuting the industry but even studying it.

Mr. Jay Angoff, counsel for the Na-

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NCFCU Assets Reach Quarter Million Mark

The New Community Federal Credit Union (NCFCU) is celebrating its first year anniversary with a quarter of a million dollars in assets. With just over 400 members, the deposits represent the commitment on the part of the membership to continue the ascent of NCFCU. The quarter million dollar mark, means that NCFCU will be able to enter new phases of operations in 1986. We will be able to enter into new areas of consumer credit such as car loans and checking. Similarly it hallmarks NCFCU's ability to involve itself more readily in the area of economic development. It has been NCFCU's central focus to invest in areas where it can provide business loans which will in turn create jobs within the area.

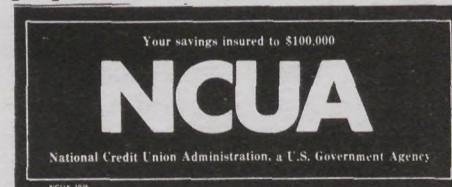
Since its inception NCFCU has continued to strive to position itself as a cornerstone in building economic development within New Community. Reaching the quarter of a million dollar asset size is the first footing in

its foundation toward that goal.

The Archdiocese of Newark shares in this month's success with their generous non-member deposit of \$10,000.00. The contribution from the Archdiocese is the result of a program to aid organizations such as NCFCU which share a social commitment to return to this area; not only appropriate financial services, but in-

vestments directed toward economic development.

The success of NCFCU's anniversary, underscores the need for it to aim even higher in the coming months in order to provide increased levels of services to its membership. We hope also to continue to increase our membership, thereby providing more and more people with an opportunity for a brighter future.



Insurance Reforms...

Continued from page 1

tional Insurance Consumer Organization says that the Insurance Industry is cyclical and highly predictable. Insurance Companies cut their premiums and insure bad risks when interest rates are high, in order to get more premium dollars to invest. When interest rates are low they raise their premiums and must even raise them higher to cover some of the risks they unwisely insured during the high interest rate years.

J. Robert Hunter, President of the National Insurance Consumer Organization, concludes "America deserves a better deal on its insurance." He points out that the states have failed miserably in their attempts to regulate this giant industry. If regulation has been slow and inadequate, the failure to take the lead in forming cooperative self insurance pools is even more lacking.

Mr. Hunter calls upon Congress to establish a national insurance industry-funded reinsurance pro-

gram. Reinsurance is insurance for insurance companies. Presently the reinsurance market is dominated by Lloyds of London and a U.S. reinsurance program would compete with Lloyds. As Mr. Hunter points out there is a precedence for this in the Riot Reinsurance Program that kept insurance available in inner-city areas during the late 1960's and early 70's. This program made the U.S. Treasury \$125 million.

The difficulty in obtaining good coverage at a fair price is not just affecting special programs. It reaches all. Mrs. Smith points out that the cost of insurance for Douglass-Harrison Apartments has increased four times over in just two years, to the point where it costs each tenant \$16.00 per month of their rent for insurance coverage — and this complex has over 80 percent of the tenants on a fixed income.

Who would dare say there isn't need of reform in the Insurance Industry?

Orientation Includes NCFCU



Patrick Richards, manager of the NCFCU, answers questions from new employees during the Extended Care Facility's orientation.

On February 7th, a new group of New Community Extended Care Facility employees spent their first day at the facility in orientation. An integral part of that orientation concerned their eligibility to benefit from membership in the New Community Federal Credit Union (NCFCU). The group was very receptive to the idea of having their own financial institution where they worked. Moreover, they welcomed the notion that

NCFCU was dedicating itself to developing services that reflect their needs. Similarly, they appreciated knowing that all of the present and future assets of the NCFCU would continually be reinvested within the area.

Employment Center Needs Contributions

New Community Employment Center charges no fees. While it receives office space and certain services from New Community Corporation, it is responsible for raising the rest of its expenses, consisting of modest salaries, telephone service and other office operating costs.

Charitable foundations and some businesses have contributed to NCC Employment Center support. However, one-quarter of all cash received last year came from individuals and churches. If you should wish to contribute to our efforts to help people find the work they need we would certainly be grateful. Make your check out to New Community Corporation and address it to:

NCC Employment Center
15 Hill St.
Newark, N.J. 07102

Your contribution is tax deductible.
John Bins

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation
EDITOR: Patricia A. Foley
PHOTOGRAPHER: Eva Obermeyer
Send to: The Clarion
c/o New Community Corporation
233 W. Market Street
Newark, New Jersey 07103
(201) 623-2800
Circulation: 9,000

Manager Chosen For Priory Restaurant

Greeting patrons when the Priory Restaurant opens shortly will be host and manager Peter J. Aquilla.

Peter is a graduate of Culinary Institute of America, and studied business at La Salle Institute. He has also studied and practiced his gastronomic art in Paris, France.

During his career he worked in New York and New Jersey restaurants and was also the owner of a large catering house in Morristown and a French restaurant in Kinnelon, New Jersey.

Among his accomplishments have been participation in the Culinary Olympics in Germany in 1976 and winning of the White Hat Gourmet Award in 1978. He also carried away the coveted Gold Leaf Award in Paris in 1980 in a competition sponsored by the Culinary Institute.

Peter is looking forward to having The Priory open for both lunch and dinner and is planning his menus now. Besides fine food he is looking forward to offering fine wines as well.



Peter J. Aquilla

There may be other surprises too, so be sure to watch the next issue of the Clarion for the latest on The Priory.



Beneath one of St. Joseph's beautiful windows, workmen put finishing touches on the Priory's new bar and canopy.

The SANDWICH SHOP

At St. Joseph Plaza
233 W. Market Street
Newark, New Jersey



SUMPTUOUS SUNDAY BRUNCH 9 A.M. — 2 P.M.

Scrambled Eggs • Corned Beef Hash • Crabmeat Au Gratin
Baked Ham w/Apple Sauce Glaze
Beef and/or Pork Sausage • Bacon
Southern Fried Chicken • Shrimp Creole • Pasta
Hash Browns • Rice, Grits • French Toast • Toast
Corn Muffins • Buttermilk Biscuits • Rolls
Apricot Nut Bread • Carrot Bread • Fresh Fruit Bar
Pink Champagne Punch • Coffee, Tea, Iced Tea, Milk
Old Fashioned Lemonade • Orange Juice • Grapefruit Juice

All You Can Eat!

Adults — \$5.95 • Children 12 & under — \$3.00

Affordable Homes...

Continued from Page 1

munity subsidized housing.

"It's a whole new era in homeownership," he said with enthusiasm, adding, "the next will be homeownership for people of lesser incomes."

Mr. McGlone was pleased that NCC would be doing another project in the West Ward in the immediate future with individual single family housing.

The New Community Townhouse Development Corporation, builder for NCC Estates Condominium Development received its first shipment of the manufactured homes on Friday, February 14th. The first 4 homes arrived by truck in the form of twelve boxes or modules which are pre-shingled and sided where feasible and have all interior components installed, such as electrical wiring, plumbing, sheetrock, etc. The modules will be lifted by crane and placed on the newly lain foundations.

Among the amenities the condos will offer are Anderson windows, maintenance free vinyl siding and wall-to-wall carpeting. An owner can choose between oak cabinets or a contemporary style with formica laminate for the modern kitchen and bathroom.

The project will be built on three acres of land located within the two blocks which lie between Fairmount and Fifteenth Avenues. It will include 28 two bedroom and 28 three bedroom units. The units will be two story attached townhouses with living space on the first floor and bedrooms on the second floor. Each home will have its own on-site (off street) parking space and grounds will be professionally landscaped.

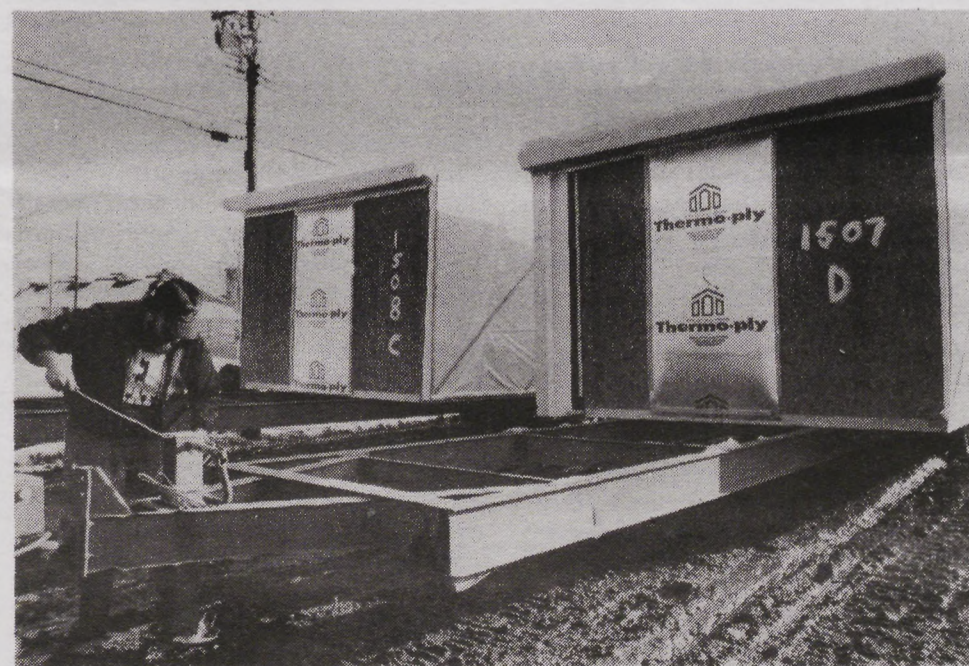
The homes are being manufactured by **American Home Technology** and they are inspected by an independent designated third party to assure structural quality control by the State of New Jersey. Inspection of the present units was done by U.S. Testing Laboratories of Hoboken, New Jersey.

The first four units are being constructed on the corner of Camden Street and Fourteenth Avenue and will serve as model units for potential purchasers. Low interest permanent mortgage financing will be available for qualified buyers through the New Jersey Housing and Mortgage Finance Agency.

New Community is happy to be able to break new ground for this new era in housing.



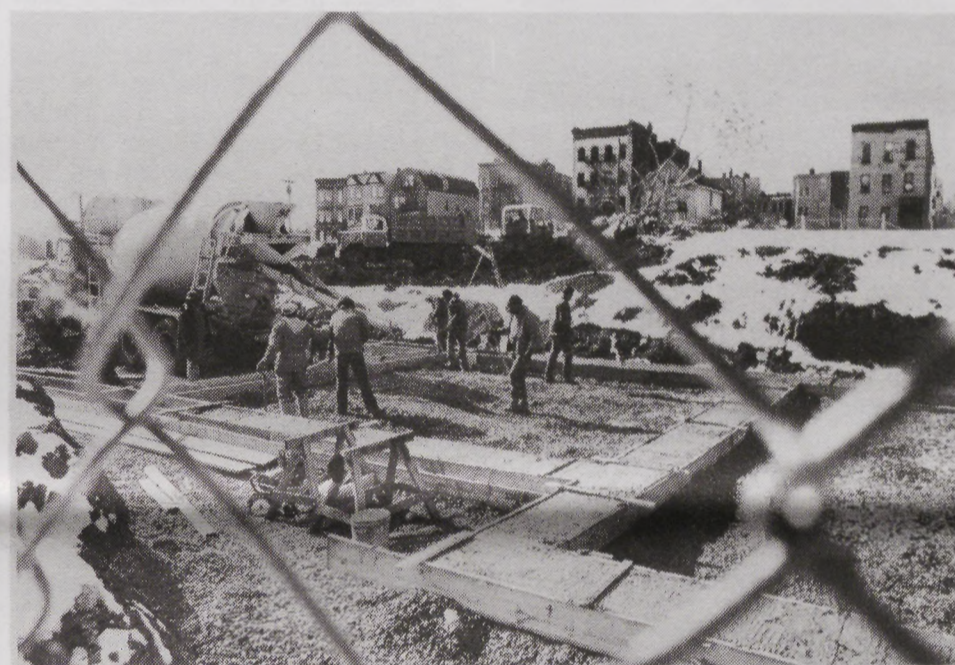
Mike De Louise (left), Bernard McGlone, Director of Affordable Housing for Newark (center), and Matt Reilly, NCC Director of Development (right), discuss the project at the site.



A trucker unhitches his cab from one of the trailers supporting a module.



Emilio Cruz (center), Development Administrator, signs a manifest as Mike De Louise (left), Director of Construction, and several drivers look on.



Workers pour concrete for the foundation.

Administrative Director For Central Maintenance

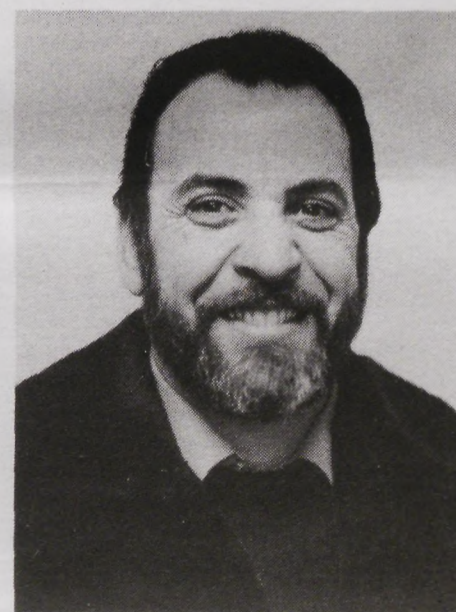
Steve Gropper joined the Central Maintenance Division of New Community Corporation on February 10, 1986 as the Administrative Director of the department. He has worked in the construction and maintenance industry for the past 22 years, starting out as a carpenter, then a foreman, and moving up to construction superintendent. During the last 5½ years, he was employed by Applied Housing Co., Inc. of Hoboken as their Maintenance Director.

The Central Maintenance department has the responsibility of repairing and servicing the physical facilities and equipment of all New Community Corp. properties. Steve feels that in order to do the job properly and efficiently his department must function like a family and must take pride in all that they do. This professional attitude will add to our productivity enabling us to get the job done.

Punchlists of items not working or not completed by construction are presently being compiled and will be implemented with the routine work load.

Steve was born in Newark, New

Jersey and is married to a beautiful woman, Maria and has 3 children, Cy 19, Lisa 16, and Ralph 11. His hobbies include camping, canoeing and



Steve Gropper

fishing. In addition he enjoys practicing his carpentry skills, by remodeling his home from top to bottom.

FRIENDS OF
ST. ROSE OF LIMA

Present

\$20,000 in prizes



Spring Festival '86

Chinese Auction

SATURDAY EVENING, MAY 10, 1986

7 O'Clock to Midnight

ROSELLE CATHOLIC H.S. AUDITORIUM

Buffet Supper — Dancing

Proceeds benefit St. Rose of Lima School

Spring Festival Time Nears

Circle your calendar now for **Saturday May 10th**, for Chinese Auction time is here again!

The annual Spring Festival will be held on that date by St. Rose of Lima School and prizes this year will total over \$20,000. The festival will be held at Roselle Catholic High School Auditorium.

Many long hours are spent by the Friends of St. Rose committee for this event begging, cajoling and (no, not that!) prizes for the big day. The stakes are high because the festival is the main source of funding for the inner city alternative school of St. Rose of Lima.

With the dearth of educational op-

portunity here in Newark, schools like St. Rose can mean the difference between a life of dignity and success or a life of frustration, failure and crime for youngsters. The funds generated by this Chinese Auction determine the potential of the school programs. Proceeds in the past, for example have made computers available for student use.

The Chinese Auction not only has a marvelous purpose, it provides a really fun evening as well, where people look forward to seeing each other every year, to sharing a delicious buffet supper, and hopefully to carrying home some of the excellent prizes donated.

Plan to come again!

St. Rose School Sets Registration

Registration at St. Rose of Lima School for the 1986-1987 school year is now in progress. Parents with school-age children who are interested in enrolling their children in Grades Kindergarten to eighth grade may call the school between the hours of 9:00 A.M. to 4:00 P.M. to make arrangements. A registration fee of \$25.00 is required along with a copy of health records and birth certificates.

St. Rose of Lima School offers a full session for Kindergarten children from 8:30 A.M. to 2:45 P.M. There is also an after school program from 2:45 until 6:00 P.M. for working parents who cannot collect their children after regular school hours. This service is offered at a nominal fee. To be eligible for Kindergarten registration, a child must become five years of age prior to December 31.

Under New Jersey State law, parents are required to present

evidence of (1) complete immunization series against diphtheria, pertussis and tetanus (DPT) and booster, (2) a complete series of oral polio vaccinations (Sabin) and booster, (3) vaccination against measles after one year of age, German measles, mumps.

The primary responsibility for the total health needs of the child rest with the family and the child's own physician. Therefore, a report of an adequate physical examination completed by the child's physician since January 1, 1986 is required as the foundation for the child's school health record.

A dental examination is strongly recommended (not required) prior to school entrance.

Registration forms are available at the school office.

For further information or appointments for registration, you may call the school at 481-5582.

Remedios Santos



Newton Street School was the host for Area II principals' workshop. Mr. Thomas, Newton Street School principal, stated that the main topic was "Effective Schools."

Anti-Crime Program Sponsors General Educational Development Exam Preparation



Georgia Ransome, second from left, discusses sites for the proposed GED program with (L-R) Andralyn Johnson, Sr. Mary Joan Fries, and Janette M. Colon Jorge.

The neighborhood Anti-Crime Program in conjunction with the Adult Education Program of the Newark Board of Education will be offering preparation for the GED Examination at three sites in the New Community network. This program is being offered as a means to increase qualifications and thereby opportunities for employment and thus reduce the need to resort to crime for money.

There is a desperate need to provide an alternative to living on the system. Many crime life styles stem from a lack of education which leaves a person with little or no qualifications for employment. This results in a life based on theft, sales of drugs, and ultimately leads to long time prison terms or death. The most devastating effect is that many younger children see these images as role models and feel that selling drugs will provide them with the money to escape the forlorn environment in which they dwell. Many parents feel powerless to do anything for their children as the system dictates their ability to provide.

We know that the GED diploma is not the only answer, but it can offer a new beginning. Once the GED diploma has been obtained there will

be the opportunity to train for many technical positions that do not require higher degrees; however, a high school education is a must before any other training can be obtained. For example, fifteen years ago you could go to a training session and become a nurses aide. The position paid a good salary and benefits depending on the institution employing the person. Today, that same position requires certification. This means that before you did not need to have a high school diploma but now you cannot get the state certification without it.

This requirement is going to become the norm in many areas in the years to come and the weeding out process will find many people helpless to meet basic requirements. As tax dollars dry up which fund many of the existing social service provisions, there will be an even greater need for families to find alternative incomes. We want the alternatives to be positive ones where people will be able to pursue technical studies for jobs such as keypunch operators, input clerks, etc. There will be many high tech positions developing as the computer age evolves. We want our people to be qualified and ready for that era and eligible for some of those well paying jobs. This is the place to begin.

Central Maintenance Reorganizes

With the addition of Steven Groppe the new Administrative Director of Central Maintenance, the central maintenance division will be going through a reorganization to better service the residents of N.C.C. The maintenance division will be broken down into two sectors with each sector having a supervisor and a complete complement of men. Lee Barnett, a recent addition to NCC, will head the sector covering the 45 acres and Pal Drye, a long-standing employee of NCC, will head the sector covering all remaining NCC, St. Rose and Babyland property.

Another phase of this reorganization is to complete the implementation of the inventory and purchasing systems. The entire inventory system is being computerized and the com-

puterization is a time consuming process. However, the computerization of the inventory system is necessary in order to provide services in a more timely fashion. At the present, inventory stocks over 2,000 items needed for the developments and will grow to approximately 5000 items after the computerization is complete. The purchasing system, which works hand in hand with the inventory system is being designed to ensure that NCC receives the best quality and price for material purchased while improving the rate and manner of payment made to its vendors. It is estimated that the completion of the central maintenance reorganization will occur sometime in May 1986.

Bill Cruz

The Future Nurse Program Is Operational



Future candy stripers try on their new uniforms.



Georgia Ransome leads a discussion covering such matters as rules and regulations, codes and conduct.

Anti-Crime Directives Being Implemented

The proposals under the anti-crime program are being implemented. The **Future Nurses Program** is one career incentive project that will allow young girls between the ages of 13 through 17 to experience life in the health care field. They will be trained and allowed to do volunteer work in the New Community Extended Care Facility, United Hospitals and Babyland Nursery. During the volunteer period, the program will be seeking paying jobs for the summer work program to enable them to work in the area of their interest.

The second proposal is the **Crime Buster Program** with youth and adult involvement. The youths will be between the ages of 5 through 15 years and the program will offer exposure to the world of law enforcement from a positive perspective. This program will strive to build positive characteristics and values. Young people would learn their responsibilities and those of residents and citizens. Through education about law enforcement and what it means to live in a society governed by law and order we hope they will develop a desire to have their community crime-free, and in turn strive to spread their own positive values among their peers.

The third program will be the **Political Action Society**. This program is designed to educate urban dwelling youths about the working of politics. The youths will be given a history of the power of the vote, and examples which show why it is criminal when inner-city-dwelling people do not vote. They will have a

working knowledge of how politics affect their life support systems, such as the police department, fire department, city health facilities, etc. They will learn how politics can induce a positive or negative atmosphere in the communities where they live. At programs' end, they will have a working knowledge that will enable them to select a candidate based on **issues** rather than voting propaganda.

The fourth program, the **Youth Achievement Program** will involve youths between the ages of 10 through 17 years who would be working in the world of Creative Arts. They will be taught such crafts as ceramics, macromae, floral arrangements, crocheting and art. This will enhance their creative skills, allowing youths to see positive sides to their capabilities. As part of this program, youths with amiable and persuasive personalities would be taught salesmanship skills. They would then go out into the community and sell the finished products made by their colleagues in the program.

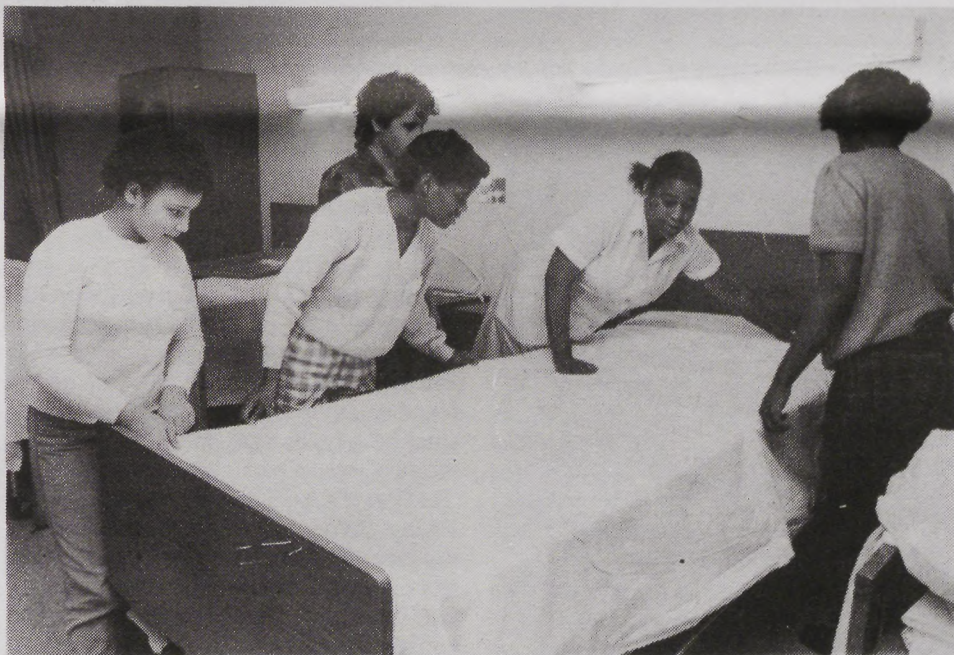
These programs and the others to follow are all geared to expose urban dwelling youths to careers, activities, and cultural experiences which will enhance their personal, academic, and social growth. It is necessary that our youths have an ability to refer to certain ideals when the need arises. It is also necessary for them to have a comfortable working knowledge of a broader society than the one in which they now live. With the help of this program, we at NCC hope to expose them to a wider view of the opportunities on their horizon.

The **Future Nurse Program** is now under way. Forty young ladies between the ages of 13 through 17 are enrolled. They have received two orientation sessions and have been fitted for their uniforms. This program is offered to serve a two-fold purpose: first, to give young women an objective view of the career of nursing and second, to train and expose them to the professional world. A handbook with a code of conduct is provided to ensure that each participant knows what they can expect from the program and what the program expects from them. Although this is not a social program, we intend to have many social and cultural activities that will broaden the scope of all involved. CPR and first aid seminars are scheduled. There will be lectures from professionals in every area of the nursing field. In June, at program's end, we will be placing the eligible girls in summer youth jobs where they already will have been trained and ready to perform as professionals. Their volunteer training at the Extended Care Facility Center will begin on February 24th. Ms. Jacqui Ragin, Director of Nursing, has instructed them on the institution's policies and the patient's bill of rights. We are working to make this program a rewarding experience for its participants. We hope it will also

open the doors to a world of networking resources which the participants will be able to draw upon throughout their educational pursuits. We hope they will eventually be able to call these same mentors their colleagues when they reach their professional goal.



A group of future nurses get CPR training under the careful supervision of RNP Soledad Alston.



With nursing assistant Dorothy Smith the girls learn that proper bed-making is an art.



The future nurses receive their assignments from Georgia Ransome.

New Adult Medical Day Care Program Wins Praise

The Adult Medical Day Care Program at the New Community Extended Care Facility has been officially launched. The center at this writing provides its welcome services to sixteen independent adults. It is equipped to handle many more.

The extent to which participants are enjoying the activities it offers is reflected in two stories told me by Sr. Patricia Lynch, Coordinator of the center. Recently, she related, one of their participants, Mabel, had to be taken to the hospital for some examinations. Although they took a while, she insisted on being taken right back to the day care center in her wheel-chair upon their comple-

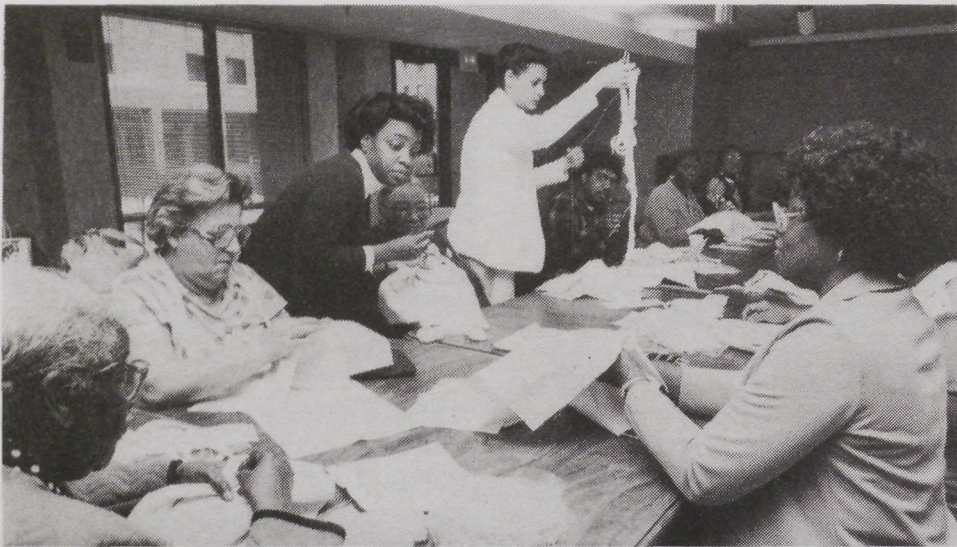
tion, for she "won't miss a day." Another man asked that Sister be notified when he was taken to Irvington General Hospital for a few days and the hospital spokesperson told Sister "I had a hard time finding you, but he insisted I call and tell you where he was and that he regretted missing your wonderful medical day care program." So already friendships are forming and the program is becoming an important part of the participants' lives.

Trips in and out of the hospital are to be expected in the program and people are missed when this happens.

The program also boasts a committed volunteer, Thomas Thorpe, a resi-



The challenge of learning chess brings its own satisfaction.



A class in embroidery finds many experienced hands.



Some of the finer points of needlework require clarification.

dent of N.C. Gardens, who has been coming on a regular basis at least four days a week. He participates in all the activities but his specialty is teaching people to play chess.

The Adult Medical Day Care Center is a place where disabled, chronically ill, frail adults can spend the day amongst their peers, and return home at night. The services offered are available to all eligible persons **18 years and over**, regardless of race, creed or national origin.

ADVANTAGES OF PROGRAM

One of the main advantages of the medical day care program is that it takes place in a friendly, social setting that in itself is therapeutic, counteracting the isolation and depression suffered by so many elderly and other disabled persons coping with disabilities. Varied activities are scheduled. (See Photos.) Based on in-

dividual needs, a person may attend from 2-5 days a week for **at least 5 hours a day**. The M.D.C. Center is open weekdays from 8:30 A.M. to 4:30 P.M., with basic programming from 9:00 A.M. to 3:00 P.M.

Participants are brought to the program each day by the new Extended Care Facility mini-bus (which will handle 6 wheel-chairs) or the new 16 passenger standard bus.

WHO IS ELIGIBLE?

All Essex County Residents are eligible who:

- need medical or nursing supervision
- demonstrate a physical need free of acute illness
- have control of bowel and bladder
- are medically able to participate in a 5 hour day program
- are able to feed themselves independently

HEALTH PROBLEMS HANDLED

Health problems which can be handled might include heart disease, stroke, amputation, cancer, arthritis, post surgical complications, diabetes and others.

COST

There is no per diem charge to Essex County residents who meet federal income guidelines (any Medicaid recipient). Third party reimbursement will be sought for all ancillary medical day care services provided.

If you or someone you know would like to participate in the program, a visit to the Medical Day Care Center for staff evaluation can be arranged.

Medical authorization is also needed from the person's private physician and the M.D.C. staff will work very closely with this physician.

Perhaps this program is just what you need for a relative or friend in your care, and would free you at certain times for other activities for which you have difficulty **finding** the time. In this case the program would be of immeasurable benefit to both of you.

Please don't hesitate to call if you would like more information. Our number is 201-624-2020. Just ask for Sister Patricia Lynch.



Loving hands nurture greenery in the plant room.



Day's end comes all too soon.



Exercise session: a welcome respite from sedentary activities.

New Medical Day Care Buses



Wheelchairs are strapped securely to the special bus for the wheelchair-bound.



All ready for the homeward journey.

Health Care Update

Last year a large volume of nearly 400 pages called, **How Healthy are New Jerseyans** was released by the N.J. Dept. of Health. It primarily compares different health indices of New Jerseyans to the rest of the United States. As one reviews different issues — the incidence of alcoholism, infant mortality, heart disease, cancer, sexually transmitted diseases, child abuse, etc., one is aware of how many major health related problems are within the scope of our control. How we as a population contribute to our own health problems...and therefore how we, individually and collectively can contribute to our own good health.

A health related problem which has not been examined within the statistics of the recent publication but whose incidence in Essex County is the highest in New Jersey, is the problem of sexual assault. Within our region we are fortunate to have several major hospitals with programs dedicated to victims of sexual assault. Additionally there is a special sexual assault care center for children at Children's Hospitals Medical Center.

Sexual assault is a criminal act. It knows no ethnic, sexual nor socioeconomic boundaries. Society still

tends to blame the victim for instigating the assault. If you or someone you know has been sexually assaulted:

- **Seek medical attention promptly.** You will be cared for in a private environment. Examination is important to obtain any residual evidence and to perform certain tests.

- **Cooperate with the local authorities.** Sexual assault is a crime. Offenders who are not apprehended are likely to victimize again. Legal help is available as well as financial assistance through the Violent Crimes Compensation Board.

- **Participate in follow up counseling.** After one has been assaulted, many new emotions may be felt. They may include fear, depression, anger, and shame. These are feelings which are appropriate in relation to what you have experienced. Counseling can help you deal with your feelings and get on with living.

Sexual assault, though a crime, contributes to our health status. It is not a natural phenomenon but rather one which we have created. Through education, support and participation in the appropriate medical and legal processes, we can impact this problem.

Connie Ford, R.N., M.P.A.



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY
(201) 624-7373

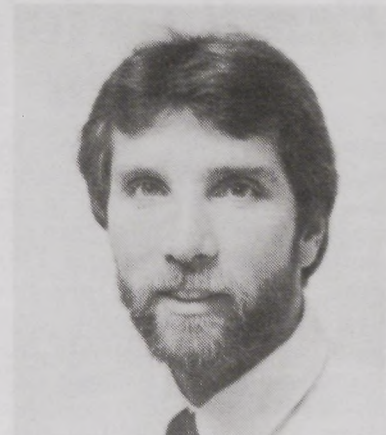
To Be Thin, Begin Again

Americans have a mania for being thin. They seek the lean look for their own personal reasons, using their own personal methods. It has been established that a great many diet programs that are short term, with nearly automatic weight loss, are only effective for the same short term. "Fat is foods revenge for abusing it," notes the Weight Control Newsletter. The research conducted on weight control management tends to agree that behavior modification is the most effective method of fat loss.

It is important to note that weight loss and fat loss are not the same. Weight loss is achieved when you diet without exercise. That person will not only lose fat, but they will also lose precious lean body tissue (bone, muscle and body fluid). the loss of lean mass will often be responsible for large weight loss, for lean mass weighs more than fat. Fat loss, is achieved when one uses behavior modification, a program of exercise and a modified eating plan.

A plan implies a long-term commitment, unlike a diet which is a short-term consideration. A modified eating plan takes into consideration not just the amount of calories you ingest, but the nutritional value of the calories. It is not advisable to reduce calories at the expense of reducing your nutritional intake. the average American diet consists of too much fat and protein and not enough carbohydrates. The modified eating plan would include reducing the amount of fat and protein in the diet and increasing the role of carbohydrates, fruits and vegetables. If we were able to cut out all the food that had empty calories (foods with no nutritional value i.e. candy) you would see a significant difference. For example: If you ate 100 calories less per day it would make a difference of 7 pounds of fat in a year.

Dieting without exercise has two major problems. The first problem is that there are few diets which you can stay on very long and still maintain your health. The drawback to



by Kerry Gillespie,
Exercise Physiologist

this is that although you might have lost the weight, you still have not learned how to eat properly, in most cases, and you gain the weight right back. This is the major reason why diet books do so well; we are always looking for that one diet that we think will be magic and work! The second drawback to dieting, and an important reason for weight gain after you discontinue a diet, is that without exercise, a diet will cause you to lose the bulk of the weight in lean tissue not fat. The lean tissue (or muscle tissue) is the main source of your metabolism. If your metabolism is low, the amount of calories you burn will be reduced and this matched with going back to a normal intake will cause you to gain the weight right back. By exercising along with a modified eating plan you will increase your muscle mass which will in turn increase your metabolic rate, and help you obtain your fat loss and maintain the loss. This is a program you can live with!

One consideration you must keep in mind is that with exercise the development of muscle will cause your weight to stay the same or even go up in the beginning. However, if you are doing everything properly you will see a change in your body composition and the way your body is shaped. Fat and muscle are distributed differently in the body and that distribution will cause your body to take on a certain shape. That is why it is so important to check the way your clothes fit for progress, not the scale. Keep in mind that it is not a health problem to be over-weight, it is, however, a health hazard to be over-fat.

It is rare that, once on a healthier eating, exercise and fat loss plan, a person would not look and feel better! So make your choice, the diet yo-yo or the safe and effective eating and exercise plan. There are no shortcuts to being healthy and thin; you must begin again. As Gene Brown points out, "As with Liberty the price of leanness is eternal vigilance!"

Kerry Gillespie
Exercise Physiologist

SUBURBAN BATTERED WOMEN HOTLINE

Located at Caldwell College

Sponsored by Babyland Nursery, Inc.

Program to End Abuse in the County of Essex

FOR HELP CALL 226-6166

Counseling and Referrals Available

Family Violence Program Seven Years Old

January 29, 1986 marked the seventh anniversary of Babyland's Family Violence Program. In the course of that time we have been able to shelter 1,359 women and 1,905 children. Many of them are now leading safe and successful lives. Some of them found homes in New Community and jobs through NCC Employment Center. The pre-school children all attended Babyland Nursery so the mothers could go to court, apartment hunting, etc. Some women have had to move out of state to escape a persistent batterer. Even a year later we still receive letters from Dolores who moved to Rhode Island with her two sons. She thanks us for our support and encouragement that gave her the strength to begin a new life. "With all the love in my heart and hope in my soul, I thank you one and all," she writes.

During the past 7 years, the shelter has sponsored workshops of all varieties including assertiveness training, career counselling, beauty tips, sewing and ceramics. Shelter staff members have accompanied women to court, to police stations,

hospitals and apartment hunting. The staff has received continuous training in domestic violence, alcohol and violence, crisis intervention, communication, drug abuse and child care.

As the needs became apparent, we created additional programs to help victims of domestic violence. In 1983 a Therapeutic Activities program was created and implemented. The PEACE program for suburban Essex county victims was initiated at Caldwell College in 1985. Peace is a hot line and counselling center for such victims.

The Battered Women's Shelter is now undergoing major renovation. We are giving ourselves a facelift for our birthday! NCC maintenance is working toward upgrading our fire safety requirements and our surroundings in general. We want to continue to serve any woman and child who need shelter and protection in the years to come. We will do our best to serve them well in the finest Babyland tradition.

Sister Clare Elton
Shelter Coordinator

Children Feel Domestic Violence

Every month battered women and their children pass through the doors of Babyland's Essex County Battered Women's Shelter. The shelter has provided emergency housing and counseling for women since the doors opened in 1978.

A battered woman's scars are deeper and more involved than the apparent bruises and stitches as they permeate her mind and soul. Battered women are known to suffer low self-esteem, excessive dependency, feelings of helplessness and many other emotional side-effects. If the battered woman is so adversely affected, so then are the innocent victims of domestic violence — the children.

July 1983 saw the beginning of the shelter's Children's Therapeutic Activities Program. Thanks to funding by the Junior League of Montclair — Newark and the Junior League of Orange — Short Hills, the children who reside at the shelter now have their own counseling and creative therapy program. The purpose of the C.T.A.P. is to provide the children who have lived with domestic violence the opportunity to express their feelings, questions and guilt through the medium of symbolic expression (i.e. drawing, painting, clay, doll play, etc.) and verbal expression.

The program also provides a forum where these young minds can share their experiences with their peers so as not to feel that they are the only ones who have a "Violent Daddy." This creative expression and verbal interchange is critical to the child's understanding and resolvment of the present crisis.

The battered woman is very much caught up in the stress of reorganizing her life — which involves court procedures, apartment hunting and the responsibilities of single parenthood; therefore she does not have the "inner strength" to deal with her children's emotional needs as well. Often, the battered woman appears to feel such tremendous amounts of guilt about the effects of domestic violence on the children, that she denies the fact that the children have been affected.

The effects on the children are outwardly obvious through their regressive behavior, depression, anger, low self-esteem and lack of trust. These children are frightened and confused as to what will happen in their lives. The C.T.A.P. provides a safe place where the child can receive the love and attention they need from the Junior League volunteers as well as the project coordinator.

Rita Seay-Veca
Children's Program Coordinator

Benefit Dance For Sentinels

The Sentinels, a non-profit benevolent association of New Community Security officers, held its second benefit dance on Friday, February 14, 1986, at the Saint Rose of Lima Auditorium.

The gala event was well attended and by far, the most successful one to date.

Among the many guests in attendance were two executive officers of the New Community Corporation, Mr. Skip Lee and Mrs. Cecilia Faulks and her husband. The 140 club of NCC Commons also attended.

Adding to this festive occasion was the wedding reception of security officer Marshall Williams, a member, and his wife Joyce, who were married earlier that day and had reserved a table for close friends and relatives to help celebrate the event.

The dance featured live entertainment and disco. The live entertain-

ment consisted of an eight piece band composed of N.C.C security officers led by security officer James Hubbard. The name of the group is "Positive Funk." Security officer Marvin Eure provided disco music with his company known as "Phase IV Inc."

According to sergeant William Cameron, president of the Sentinels, all donations from both a benefit dance given last fall and this dance were placed in a scholarship fund to be presented to the recipients at a dinner to be held at St Joseph's Plaza in the very near future.

The following members of the dance committee are to be commended for a job well done: Sergeants William Cameron, Bernard Holloway, Matthew Richardson, John Jackson; Corporals Sherrie Eure and Sheila White; Security Officers Robert Jackson, Monique Johnson, Rock Bogar and Patricia Sherrod.

New Home Care Equipment Service

Serving the health needs of the community in the best way possible is one of the prime goals of New Community. We are therefore pleased to announce the availability of New Community Home Care Equipment.

This comprehensive service will be able to provide all your home care equipment and respiratory needs, with **prompt courteous service, free delivery and set-up, 24 hours a day 7 days a week.** In addition to the provision of equipment, all respiratory patients receive instruction and periodic visits by staff respiratory therapists.

One great advantage of New Community Home Care Equipment is that the service provides handling of all paperwork for the patient — including getting prescriptions from your doctor, billing, and collecting.

Medicare, Medicaid and private insurances forms are included. Doctors are also contacted periodically to discuss patients' needs and update necessary paperwork.

Durable medical equipment is provided, such as electric and manual beds, wheel chairs (standard, power and customized), patient lifts and traction, commodes, walkers, canes and a full range of other patient aids.

The respiratory therapy equipment available includes gaseous and liquid oxygen (both stationary and portable), oxygen concentrators, aerosol and IPPB machines, home care respirators/ventilators and nasal CPAP systems. If you have need of our service please call New Community Home Care Equipment at 676-7867. We will be happy to help you.

A CHANGE OF PACE

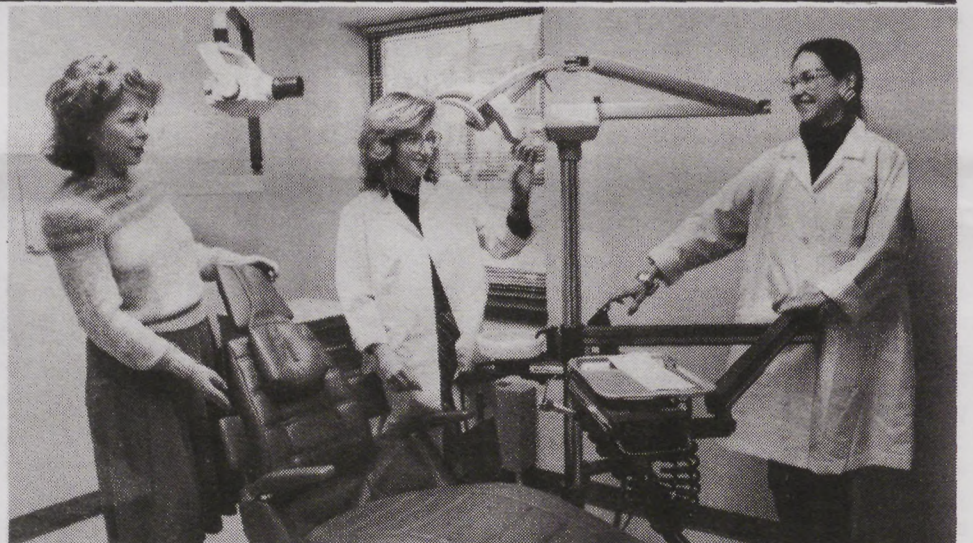
ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.

Relax in the quaint atmosphere of the *Atrium* in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL
from 4 P.M. until closing
SCRUMPTIOUS BUFFET

Cash Bar



Elizabeth Dougherty, D.M.D. (right), and Joanne Kannell, D.M.D. (center), will be opening a dental practice in the New Community Extended Care Facility for its residents and participants in the Adult Medical Day Care Program. Their practice will also be open to the community. Connie Ford, (left), director of the facility, welcomes them to their new office.

NC Associates

7th Anniversary Celebrated

On January 25, 1986, The Inspirational Gospel Chorus celebrated its seventh anniversary. During the past years they met many friends through invitations to churches, and their hearts were made glad to have their guests and friends participate in and attend this occasion which meant so much to them. There had been times of joy and sorrow, tears and laughter, pain and good times, and to be able to celebrate another anniversary was rewarding. No doubt, many looked back and wondered how they got over, after coming up the rough side of the mountain.

To all who participated in this anniversary, the Chorus says thank you, again, and again because



Chorus members fill the air with music, to the delight of the audience.

without you there would be no anniversary. To all the choirs, choruses, soloist partakers of the devotion, those who read poems, the ushers, those who worked behind the scenes, everyone who helped in anyway, the Chorus thanks you.

To Evangelist Betty Lawrence, the Chorus gives a special Thank You for instructing and playing the piano for us. We thank you for encouraging us when we felt downhearted and praying for our needs.

Everyone attending the celebration enjoyed an evening of good music and entertainment. Refreshments were served.

By taking one day at a time, we hope to see all of you at our next anniversary. Thank all of you again and God Bless You.

Elections

On February 12th, two organizations held election of officers — The Inspirational Chorus and the Senior Citizen Organization. The Officers elected for the Chorus were Phyllis Burton, president; Ethel Cummings, vice-president; Janie Godbolt and Willie Sharpe, secretaries; Viola Henry, treasurer; Ellen Watson, business manager; Ella Corger, chaplain; Tony Brown, sergeant-at-arms. We are looking forward to a

happy and prosperous year together.

Those elected for the Senior Citizen Organization remained the same. Maude Jones, president; Oler Peterman, vice-president; Beatrice Graham and Kathleen Charles, secretaries; Emma Johnson, treasurer, Magnolia Brown and Lena Bolding on the sick committee. Keep up the good work.

Congratulations to all officers elected. Have a good year.

Phyllis Burton

Roseville's Eldest Senior

Meet Mr. Herbert Williams, N.C. Roseville's oldest senior resident. On January 31, 1986, Mr. Williams celebrated his 91st birthday. Herbert hails from Blackly, Georgia and came to Newark in 1921. He is the father of seven (7) children and one of his daughters is also a resident of New Community Roseville. She is Mrs. Rosalie Trogon, and she looks after him, with tender, loving care.

Mr. Williams has been a part of the

New Community family at Roseville since its birth on South Eighth Street in 1979. He is well liked and known among all the tenants. Mr. Williams' family and his many Roseville neighbors, all made his birthday celebration a huge success. Everyone was invited...A good time was had by all those attending.

"Happy Birthday!"

R. Steve Perkins



Mr. Herbert Williams sits amid family members (L-R): great-great granddaughter Renee, holding her daughter Autavia, great-great-great grandson Edward, daughter Rosalie Trogon (standing) and great-great-great granddaughter Doredha.

Flag Presentation Ceremony At Garden Senior

During a recent visit to the apartment of Mrs. Edna Davis she spoke of her concerns about the absence of an American flag in the community room here at Garden Seniors.

She went on to state that she has always harbored a love and respect for the American flag and felt others held the flag in like esteem. She contacted Social Services Director Gerry Gannon and Sister Anastasia, and

Supreme Allied Command of World War II Dwight D. Eisenhower, General George S. Patton, all of whom he personally cooked for on their visits to the military academy as well as other dignitaries.

Mr. Davis retired from the Cemented Carbide Producers Association of Kenilworth, N.J. after 31 years of service. He died on December 16, 1985.



Lee Reese accepts flag for NC Gardens from saluting Security Sergeant John Jackson as Mrs. Davis, directly behind him, watches, surrounded by her family.

stated that she had an American flag that was presented to her by the United States government upon the recent death of her husband, Emmett J. Davis, a World War II army veteran in recognition of his services to his country, and wanted to present the flag to the residents of Garden Senior to be displayed at all times in the community room.

Her only request for this patriotic gesture and generosity was that the flag be presented in a dignified and formal manner and she requested the New Community Security Color Guard do the honors. Taps was played in memory of all veterans.

Mr. Davis lived in Newark and attended school here where he became a star athlete in track and field.

He enlisted in the United States Army on October 28, 1940, and after serving in a number of units he was assigned to the U.S. Military Academy at West Point, as a chef with the rank of corporal until his discharge on October 24, 1945. As a chef he had the honor of meeting President Franklin Delano Roosevelt, President and General of the

He is survived by his widow Edna, three daughters, Mrs. Barbara Crank, Mrs. Brenda Hatten and Mrs. Regina Howard, ten grandchildren and three great grandchildren.

The flag will have a very special place of honor at Gardens and stand as a constant reminder of our great country.

A Valentine Affair At Manor

On February 10th, N.C. Manor Seniors were presented a delightful holiday treat, courtesy of the Newark Department of Recreation and Parks.

The host of the pre-valentine party was the well-known Mr. Chick Wing, who played a collector's dream of all-time favorites. Appearing with Mr. Wing was the world-renowned songstress, Ms. Ann Bailey who made feet stomp and fingers pop with her rousing rendition of "Dr. Feel Good."

The atmosphere was heartwarming, and giving. There was also a drawing for beautiful prizes of crystal heart pendants, key rings and balloons. A special gift of a white "Love" teddy bear, was won by Mrs. Rosetta Combo.

No party is complete without a cake, and yes, we had one too — a delicious lemon-filled huge heart-shaped cake inscribed "Happy Valentine's Day Seniors."

Our thanks go out to all who made this valentine affair possible to cheer someone else. February is the month of the heart, Black History month and the springboard for the rest of the year — and this was a great beginning.

A reminder: Have you made someone smile today?

Joyce Holmes
Social Services

NC Commons Senior

Due to the fact that we celebrated Black History month in February and also Valentine's Day, our Community Room was decorated beautifully. The Valentine's Who's Who's was cleverly done. It took the time and efforts of: Viola Walker, Zeph Johnson, and Marion Simpson.

Chef hats off to the women of 140 So. Orange Ave. that are helping out in the kitchen so that we may still have breakfasts every morning — Irene Carr, Aleathia Jones, Marion Simpson, Cora Barfield.

Connie Wise

At Your (Social) Service

by the Staff of NCC Social Services Department

— NCC Social Services Adopts "Oscar" —

Residents, have you visited the N.C.C. Social Services office recently, or at all? If not, you should make an effort to do so at your earliest convenience. While there, say hello to Oscar and give him a big hug! He would be pleased! He's a teddy bear! He's about a foot-and-a-half high. He's the newly appointed "Social Service Mascot" given to our department by Jean Synder, of the College of Medicine and Dentistry. Jean explained that her reason for giving him to us was to help alleviate some of the stress that social workers often encounter in attempting to meet the needs of clients with limited resources or solutions. Many times professionals who are in the "helping field" get what is referred to as transference (feeling the burden of the problem) and as a result can become depressed or suffer "chronic burnout." This is especially true today in light of the current economic plight that exists throughout the nation. When this happens, or there is a possibility of this happening, one can get relief simply by hugging and talking to Oscar.

Oscar is so lovable and cuddly. He's made from a velvety soft man-made fur and is stuffed with soft polyester. He has big, dark brown piercing eyes. He is very compassionate and understanding and as the Social Service Mascot, will, in fact, ensure that clients get the "best of care."

When you visit this office you will find that we offer a wide variety of services from which you might benefit. Some of our services include: income maintenance; assistance in



Oscar the Mascot perches on Sr. Anastasia's lap surrounded by department co-workers (L-R) Gloria Newsome, Sr. Veronica (rear), Candy Dortch, and Virginia Scott.

obtaining welfare, Social Security, foodstamps or homemaker services; employment referrals; meals on wheels; congregate nutritional meals for elderly and disabled; budget counseling; medical referrals; consumer education; trips; shows and programs. These services include programs that are geared for seniors, families and youths.

Aside from our mascot, we have some very warm, loving and caring staff members. Gerry Gannon is our Director and Sister Anastasia Hearne our Associate Director. Gloria Newsome handles Program Coordinating for seniors and Virginia Scott is Program Coordinator for

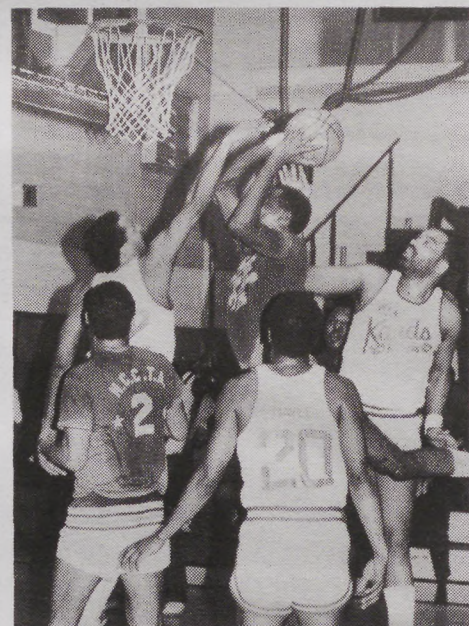
families. Eladio Negrón is our Youth Coordinator, and Sheila Washington our Associate Youth Coordinator. Our capable social workers are Sister Hortensia Hernandez for Roseville Seniors, Joyce Holmes for Manor Senior, and Sister Veronica Kaiser for Associates Seniors. Gloria Chambers, Coordinates the N.C.C. Homefriends Program and our newest addition to the department is Gauntis (Candy) Dortch, Social Services Secretary.

So whether you have a problem or not, Oscar says "come by and say hello!" We're located at 220 Bruce St. in the Gardens Pavillion and our telephone number is 623-6114.

Kiss Off! NCC On!

On February 8th the NCC Basketball Fund raising team made its Debut on a good note by defeating New York's Kiss Kardes in over time, 152-149 at Central High School in Newark.

The game was sponsored by the New Community Youth Council in an attempt to raise money for future Youth Council activities. Our team was comprised of NCC Staff and Com-



munity Pro's whose interests coincide with those of the council. The game was exciting and worth the effort put forth. The enthusiasm of all present showed that the time was well spent.

We would like to thank all who worked so relentlessly to put on this game: the Newark Board of Education, Central High School and maintenance department, Kiss Kardes NCC Staffers and Youth Council members. We especially thank D & K Contruction Company for their donation of shirts for the NCC players.

Eladio Negrón
Social Services

NCC Seniors Program

During the month of February, which was Black History Month, the Senior residents were involved in group discussions related to their past and present experiences. They shared the messages of their struggles as well as their many accomplishments. While each related their individual accounts of what transpired in their lifetimes, such as growing up in the North or South, raising families and the like, they found that many of their stories were quite similar. Special thanks go out to Viola Walker, a resident of N.C. Commons

Senior and Elizabeth Franklin of N.C. Douglas for their outstanding volunteer service during Black History Month. These ladies conducted the group discussions in their respective buildings and shared their messages with the other senior buildings.

Ms. Walker spoke on the life of Harriet Tubman and the "Underground Railroad," while Ms. Franklin spoke on George Washington Carver.

Thanks ladies for your caring and sharing.

Curtis Watkins and Gloria



Viola Walker repeats her popular lecture on Black History to an interested audience at NC Gardens.

Newsome teamed up to perform a medley of songs as a musical tribute to Black Heritage. Songs performed included Gospel and Jazz hits from the 1930's to the present. As always, this team was a hit with the Seniors.

Bus Trips

Last month thirty-three (33) Senior residents were transported to see the 1985 hit movie, which has received 11 Academy Award Nominations for the Best Actress, Best Cinematography and more — **The Color Purple**. Everyone was in tears, following the movie which was truly touching. Due to the great demand, Social Services will be sponsoring another bus trip to see **The Color Purple** sometime in March.

Other trips have included the Hudson Shopping Mall, and a trip to the New Newark Symphony Hall to see **Boulder In The Sun**, the off-Broadway play about a young slave chosen to lead in the battle for freedom.

On March 18, 1986, at 1 P.M. free tickets will be available for "Jones and Zone," a modern dance company also at the New Newark Symphony Hall.

For more information please contact N.C.C. Social Services at 623-6114.

Spring Show Budding

On Sunday April 13, 1986 at 3 P.M. the NCC Gala Spring Fashion and Talent Show will be held in the activities room of the beautiful new NCC Extended Care Facility and Adult Day Care Center at 266 So. Orange Ave.

This production is being put on by the Youth Council, Seniors and Family members of NCC as a fund-raiser for all three groups; it will provide some funding for a Youth Scholarship, a new bus for seniors, and a special project for families.

Spring is a time when everything comes to life. We celebrate the death and resurrection of our Lord, and witness the changing of seasons and other things in the death to life cycle of our world. This is why the show will be at the new Extended Care Facility. It is a perfect example of a "Dying" area brought back to life to act as a rebirth for our elderly and sick.

A lot of preparation is going on to make this a success in bringing good feelings and warm smiles to all. We hope you will come out and join us as we present out "Kaleidoscope of Spring".

Youth Council "Want Ads"

To join any of the committees, clubs or "Rapping Youth" fill in the coupon on this page and bring it to Eladio Negron or Sheila Washington NCC Youth Office, 220 Bruce Street, Gardens Pavillon.

Wanted

Interested in the arts, theatre, music or history? Well, join us on the **Cultural Committee** of New Community's Youth Council. If you want to experience exciting tours of museums, see spellbinding plays, meet with captivating individuals, and create your own expression of an art, this is your chance to do it. Ages 13-19 eligible. Fill in coupon.

Joyce Holmes
Chairperson

Wanted

Seeking to broaden your **Spiritual Awareness?** Would you like to visit other churches, share your personal experiences or just communicate with others to get a better sense of direction?

Let's make it happen. The **Spiritual Committee** of the New Community Youth Council invites you to come and share in the joy of inner peace. Ages 13-19 eligible. Fill in coupon.

Gloria Chambers
Chairperson

Wanted

Attention NCC Resident Girls!
7 - 18 yrs. old

Girls Club now forming
Activities include:
Fashion Show - Character
Building - Hygienic Education -
Aerobics & Gymnastics

Wanted

Do you like to write, short stories, poems, essays, etc.? Good! We're looking for writers who want to share their thoughts with others, and do it best in writing, to start a new section called "Rapping Youth". Every month 2 selections will be chosen for the Clarion newspaper. Please submit all items by the 5th of each month. Type or neatly print each entry. Place date, name, address and age in lower left corner. All submissions will be kept on file.

Get out the pencils and papers. We want to hear from you in "Rapping Youth". Ages 7 on up.

Bring or send articles to the N.C. Youth Office: 220 Bruce Street, Newark, N.J. 07103. See Eladio Negron or Sheila Washington.

Contrary to the belief of some, blacks are not inferior to other ethnic groups. In fact, they are a very proud people. Like other Americans, blacks have made significant contributions to shape the history of this great country. From the era of Harriet Tubman, who started an underground railroad in 1884, and through whose efforts thousands of slaves were freed, to the present, when Ronald McNair, a pioneering Black Astronaut gave his life in the spaceship Challenger a few days ago, they have been at the cutting edge of history.

Astronaut McNair was among the first Afro-Americans to venture into the uncertainties of space. He was thirty-two years old at the time of his death.

Although a majority of black Americans are poor economically, one will find that we are rich in spirit. Basically we are very warm and charismatic and move rhythmically throughout life. We move to the rhythm of our own music! That music was one of the legacies that was handed down by our forefathers. From the time when black slaves were brought here from Africa, to the present time, music has been one of the few things that could be counted on to soothe "the pains or hurt of life." During the period of enslavement, Africans would gather at the end of the day's work and sing songs of hope, and pray. Sometimes dancing in the street to the beat of the drums would be a way of releasing tension.

Today we find that young blacks have inherited "rhythm" but interpret it in ways that are different. Their values vary greatly. Many have adopted the culture of whites, some have no culture ties whatever! Much of this is due in part to the system by which this country is governed. The

lack of jobs for youth and the heads of their families has had a devastating effect on them. Acting out of disillusionment and fear, young people have gone astray. Contributing to this also is the inner city educational system which is a failure. Some young people have turned to crime, drugs, or sex, as a way of rebelling against a society which has not made allowances for them and in fact has dealt them a cruel blow. They've been told to go out and find work - when there was very little or none at all for them. They've been told to do something productive - so they went out and reproduced themselves prematurely by becoming a teenage mother or father. Each year the federal government continues to cut programs that would relieve much of the urban tension that exists during "the long hot summers." The most that some can hope for is to borrow, or steal, someone's twenty pound radio to carry on their shoulders and be "cool." And the beat goes on!

The male is becoming an endangered species in the black family. This is a very dangerous and frightening situation, because as in any other ethnic group, black children love and need their father, and women need their men! But the system has said no! It has served as more of a deterrent than an aid in helping to keep the black family together. For example, in some cases where the father may have been present in the home but unable to find work, he has actually left the home in order to allow his family to get more income. The fact that the "system" would prefer to support his family than to increase the job opportunities needed is in itself degrading.

Men react in various ways. Some seek out a job, participating in a career development program etc.,

others may resort to crime or violence, drugs or sexual abuse. Due to a great deal of stress the mortality rate is very high for black men. As a result of the absence of the male in the home, the black woman has had to take charge of the family. This is a very difficult task for her, for she has been left to do it all, including becoming the bread winner, the disciplinarian and the mother and father. And the beat goes on! The female, in her infinite wisdom accepts full responsibility and the challenge of raising the family. Hers is a difficult task and sometimes seemingly impossible. Nevertheless she holds fast and leans towards her religious teachings and cultural understanding. In spite of the many injustices, deprivations and degradations that she and her family have experienced, she still believes in the basic principles on which this country are founded, which are life, liberty and the pursuit of happiness - and that all men are created equal.

While there are many things that blacks as a whole do not understand about our plight of injustice throughout history, we still believe in the **American Dream**.

Just as we have been taught by the renowned black Civil Rights leader Rev. Jesse Jackson, we are **somebody**.

In conclusion, to the rhythm of the beat of a favorite old Negro Hymn called Bye and Bye:

We are often destitute
for the things that life demands
Want of shelter and for food
Thirsty hills and barren lands
In that land of yesterday
When the earth shall roll away
**We will understand it better
bye and bye.**

Virginia Scott
Social Services

**NOW, THERE IS
HELP** THE ESSEX COUNTY
FAMILY
VIOLENCE CENTER

SHELTER - COUNSELING
REFERRALS BY TRAINED STAFF
FOR
**BATTERED WOMEN
AND THEIR CHILDREN**

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24 HOUR HOT LINE
CALL ANYTIME

Culture Corner

NCC's Night At The Opera

Sunday, February 2nd, at 6:00 P.M., the golden curtain of Newark's Symphony Hall rose on New Jersey State Opera's lavish production of Gounod's "Faust", as the opera company began its 20th anniversary celebration. Witnessing this historic event was a group of opera-goers headed by Fr. William Linder and Mary Smith and including Arthur Wilson, Soledad Alston, Joseph Chaneyfield, Emily Ross, Curtis Watkins and twenty other members of the NCC family and friends. In support of the arts and of the State Opera, NCC has held a block of thirty orchestra seats for the company's entire season for several years. The remaining two productions the opera-goers will see are Ponchielli's "La Gioconda" on March 16 and Leoncavallo's rarely performed "Zaza" on April 13. The opera group was treated to a delicious late supper at St. Joseph Plaza, including a scrumptious

seafood casserole and a delicate chicken and wine sauce dish, prepared by Gayle and Rosemary Chaneyfield.

Blacks in the Classics

Congratulations to NCC's Cultural Advisor, tenor Curtis Watkins and his partner soprano Deborah Blue, for their successful duo-concert at the Newark Museum of Sunday, February 2nd. The pair was presented to a "standing room only" audience in the Museum's tribute to "Blacks in the Classics" during the month-long celebration of Black History Month. Their program included traditional classical and operatic repertoire, and featured the works of Betty Jackson King, a prominent Black New Jersey composer, who was in attendance. The concert was concluded with Black spirituals and contemporary gospel music.

Fill in coupon completely

I am interested in joining the

(A) Cultural Committee _____

(B) Spiritual Committee _____

and I am really looking forward to becoming involved

Name _____

Address _____

Phone _____

Age _____

Hobbies & Likes _____

Goals for future _____

Easter Sunday is the brightest day in all the world throughout history, because on it Jesus rose from the dead. The resurrection of Jesus Christ, celebrated at Easter is the most important and integral part of the Christian religion, and one of the most significant holy days which announces the Good News that love conquers hate, right conquers evil, and holiness defeats sin. One Friday Jesus bore a cross up a hill called Calvary, and snatched the sting from death, took the victory from the grave, led captivity captive and rose — proving that although evil may crucify on Friday, God is able to raise on Sunday. He set our soul eternally free.

Now resurrection is the return of the dead to life as the same person before death. The resurrection of Christ, a substantial historical fact established in the four Gospels and

letters of Saint Paul, is one of the most fundamental facts of Christianity, without which there is no hope of any life after death. Jesus, the Ambassador of God the Father, had a message for the world: "I am the resurrection and the life. He that believes in me, though he may die, he shall live." (John 11:25). Resurrection is a time when the good shall be resurrected to eternal life, and although Christ's resurrection promises our own resurrection, it also represents a demand as well as a promise — a demand that we pledge our loyalty to the Risen Christ. At Easter "death is swallowed up in victory." (1 Corinthians 15:54). Resurrection has overcome crucifixion — death has died — for He, Jesus Christ is risen and lives.

Lewis Grave
Springfield Branch
Newark Public Library

St. Rose Students Are Welcome Valentines



St. Rose of Lima Students visited the participants of the Medical Day Care Center of the NCC Extended Care Facility.

Valentine's Day is a day for showing love, care and concern for those we love. The students of St. Rose of Lima visited the Day Care Center to present Valentines — to the Seniors

who were present.

When the children arrived, the Seniors were eating a breakfast snack, so the students joined them in having milk and cookies. It was wonderful to watch the youngsters get to know the Seniors. Both the Seniors and the Students promised to see each other again.

Sr. Clare Terrance

Third Anniversary: Putting The Clarion To Bed



In three years the Clarion has grown to a circulation of 9,000 copies a month. We decided to celebrate by giving you the "inside story" on how our newspaper comes to be.

Thanks go especially to all our faithful contributors without whose information on the day to day life of New Community the Clarion would not exist.

We also appreciate the congratulatory letters received from U.S. Senators and other government

representatives, foundation executives and more over the years.

Clarion photographer Eva Obermeyer is responsible for the photo journalistic effort on this page. We hope you enjoy it.

We also hope that there will be good news to bring our readers about Newark for many, many, years to come.

Pat Foley
Editor

1. At Vanguard Press, typed copy from the Clarion office is placed in its cubbyhole; typesetters then retype it on computers which through a phototypesetting process print columns.

2. Cameraman Paul Carno, dwarfed by the huge bellows of the copy camera, sets up a halftone (screened print) of a glossy. Later he will shoot 2 complete pages at a time on a single giant negative.

3. Back at the Clarion, Pat Foley, Editor, lays out a dummy of the entire paper, page by page, much like a picture puzzle.

4. In Vanguard's composition room, the dummies are tacked to a ledge and the final pages are copied exactly by paste-up artists Dave Roth and Roz Israel.

5. The editor proofreads final copy while Dave pastes up and Roz specs (determines type size and style for body and headlines.)

6. Fred Traettino, composition room manager, cuts a new overlay for the Clarion banner.

7. In the stripping room, Joe Colicchio pastes negative onto opaque frames (flats) and takes out scratches and marks on light tables.

8. The flats then go to the platemaking room where Raymond Belen burns a positive onto an aluminum plate in a platemaker, and then develops the plate.

9. Huge rolls of paper feed into Vanguard's hi-speed press. The developed aluminum plates go onto the cylinders, printing 25,000 newspapers in one hour.

10. In a single operation the press not only prints but also cuts and folds. Workers stack the folded papers (left) while man on right bundles them with a tying machine.

11. Huge stacks of bundled papers sit on pallets waiting to be placed on trucks.

12. Richard Trujillo, pressman, checks paper to make sure the copy is crisp and clear.